

ANTIOXIDANT ACTIVITY, WEIGHT MANAGEMENT



 **indena**<sup>®</sup>  
INDUSTRIA  
DERIVATI  
NATURALI

HEALTH - FOOD

---

# GREENSELECT<sup>®</sup> PHYTOSOME

GREEN TEA EXTRACT



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Please note that the physiological activity of the ingredient described herein is supported by the referenced clinical trial reports. Marketers of finished products containing the ingredient described herein are responsible for determining whether the claims made for such products are lawful and in compliance with the laws of the country in which they will market the products.

## WHAT IS GREENSELECT® PHYTOSOME?

**GREENSELECT® PHYTOSOME** is a proprietary, caffeine free, catechin extract from green tea formulated with Phytosome technology.

Green tea consumption has been traditionally linked to lower body fat. A number of clinical studies have shown **green tea to promote energy expenditure and caloric consumption** by increasing thermogenesis (the production of body heat derived from fat oxidation).<sup>1</sup>

**GREENSELECT® PHYTOSOME** is supported by 2 independent human studies showing its beneficial effects on weight management and on general health when associated with diet.<sup>1,4</sup>

### SPECIFICATIONS

**GREENSELECT® PHYTOSOME** is double standardized in polyphenols and epigallocatechin 3-O-gallate [EGCG]:

- ≥19% to ≤25% polyphenols
- ≥13% EGCG
- ≤0.1% of caffeine

### RECOMMENDED USE AND DOSE

**GREENSELECT® PHYTOSOME** is a light brown powder for use in nutritional supplements.

Recommended dose: 2 x 150 mg/day

### TRADEMARKS

**GREENSELECT® PHYTOSOME** is a trademark of Indena S.p.A. and its logo and usage guidelines are available from Indena.

#### References

<sup>1</sup> Di Pierro F., *et al.*, *Alternative Medicine Review*. Volume 14, Number 2 (2009).

<sup>2</sup> Pietta P.G., *et al.*, *Biochem. Mol. Biol. Int.* 46: 895-903 (1998).

<sup>3</sup> Simonetti P., *et al.*, 16th International Congress of Nutrition. July August, Montreal, Canada (1997).

<sup>4</sup> Belcaro *et al.*, *Evid Based Complement Alternat Med*. Volume 2013:869061 [2103]

## WHAT MAKES GREENSELECT® PHYTOSOME UNIQUE?

**GREENSELECT® PHYTOSOME** is a proprietary, caffeine-free standardized green tea extract with:

- **double standardization** in EGCG and tea catechins.
- optimized oral bioavailability of EGCG compared to the non-Phytosome formulation.<sup>2</sup>
- proven **antioxidant capacity** in humans.<sup>3</sup>

**GREENSELECT® PHYTOSOME** studies demonstrated:

### significant results in weight management on overweight subjects<sup>1</sup>

- oral consumption of 150 mg twice a day, combined with a reduced-calorie diet resulted in an average of over 30 lbs weight difference in 90 days.
- **GREENSELECT® PHYTOSOME** group also demonstrated a 12% reduction in BMI.
- male subpopulation showed a significant reduction in waistline.

### significant weight management in subjects with borderline metabolic syndrom and globally improved health profile<sup>4</sup>

- oral consumption, combined with a modified lifestyle and controlled dietary regimen, resulted in an effective weight loss, compared to lifestyle and dietary changes alone.

phytosome.info



indena.com

